



HealthWise



## GET HEALTHY, STAY HEALTHY

### Let SAMBA Help

#### The Importance of Preventive Care

Checkups, immunizations, and screenings. All are important to good health.

Some serious conditions have no warning signs or symptoms. So, even if there are no signs or symptoms currently, a regularly scheduled preventive care checkup is important. It can help detect and prevent health problems.

We encourage you and your family to have routine annual physicals, cancer and other screenings, and required immunizations. To help you, your SAMBA Health Benefit Plan offers 100% coverage on routine preventive care.\* Just use a Cigna Network provider.

Covered services include:

- › Annual routine physicals – for adults and children
- › Blood pressure and cholesterol tests
- › Diabetes and colon cancer screenings
- › Routine screening mammograms and Pap tests

Be proactive and call your doctor to schedule an exam today. Make this year a healthy one for everyone in the family.

To find a Cigna Network doctor, visit **SambaPlans.com**, choose *Health Benefit Plan* and click on “Cigna Provider Directory.”

Do you have questions or want more information? Call SAMBA at **800-638-6589** for assistance.

#### Have You Taken Your Health Assessment Yet?

Part of a healthy lifestyle includes assessing your current health and analyzing potential risks. SAMBA offers you the opportunity to do this by completing a health assessment

This free and easy tool also comes with a \$25 incentive. Upon completion of the health assessment, SAMBA will apply a \$25 credit toward the covered individual's calendar year deductible. This incentive is limited to two covered individuals over age 18 per family and allowed once per calendar year.

Visit **SambaPlans.com** and click on *Health Benefit Plan*. Choose “Health Assessment” under the *Health & Wellness Center* to get started.

\* Not all preventive care services are covered. Covered services may vary depending on your age, gender, and family medical history. See your plan materials for details and a complete list of covered preventive care services.



## It's About You

A small step can make a big difference to your health and your life. Now is a good time to check in with your doctor to see if you need a cervical cancer screening.

Cervical cancer is one of the easiest cancers to prevent with regular screening tests and follow-ups. It is also highly curable when found and treated early.<sup>1</sup>

The human papillomavirus (HPV) is the main cause of cervical cancer.<sup>2</sup> For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer.

There are two tests that can either help prevent cervical cancer or find it early: Depending on your age, your doctor may recommend you have a Pap test or an HPV test, or both tests together.

- The Pap test (or Pap smear) looks for precancers, cell changes on the cervix that can be treated so that cervical cancer is prevented. The Pap test can also find cervical cancer early, when treatment is most effective.
- The HPV test looks for human papillomavirus — the virus that can cause precancerous cell changes and cervical cancer.

Both tests can be done in your doctor's office or clinic. All women should talk with their health care provider about cervical cancer and decide on an appropriate screening schedule.

If your provider is a Cigna Network provider, your annual routine gynecological visits, including Pap and HPV tests, are covered at no additional cost to you.

Take the right step and schedule your exam today.

Need help finding a Cigna Network provider?

Visit our online directory at **SambaPlans.com**

Click on "Health Benefit Plan" and choose *Cigna Provider Directory*

Or contact Cigna at **800.887.9735**

## Other SAMBA Plans Available to You

SAMBA offers these affordable insurance plans to Federal employees and retirees that provide valuable coverage to you and your family.

You can enroll for coverage in any of these plans at any time — no waiting for an open enrollment period.

- **Dental & Vision Plan**  
Choice of two plan options, both include vision benefits; children are covered up to age 26
- **Term Life Insurance**  
Accidental Death & Dismemberment (AD&D) benefit included at no additional cost
- **Personal Accident Insurance**  
Coverage for just pennies a day; you cannot be denied coverage due to age or health
- **Long Term Disability**  
Helps provide income (for active employees only) if you are unable to work due to a disabling illness or injury

Visit **SambaPlans.com** to obtain more information about these plans and to enroll. If you need assistance, please contact us at **800-638-6589**.

<sup>1</sup> CDC; [https://www.cdc.gov/cancer/cervical/basic\\_info/](https://www.cdc.gov/cancer/cervical/basic_info/)

<sup>2</sup> <https://www.cdc.gov/cancer/cervical/index.htm>

## Fight Back Against Back Pain

There are different types of back pain. It can feel like a sudden, sharp pain or a dull, constant ache. It can be acute (short-term, often caused by an accident, fall or lifting) or chronic (long-term, lasting more than 3 months).

Most people will have back pain at some point in their lives as it's one of the most common medical problems<sup>1</sup>.

Are you at risk for back pain? Many people hurt their backs by lifting, pushing, or pulling something that's too heavy. But you may also be at risk for back pain if you:

- are pregnant
- have poor posture
- are overweight
- smoke
- are not physically active
- fall or have an accident
- have a health problem like arthritis or cancer

If you have back pain, your treatment options will depend on where your pain is and whether it's acute or chronic. Your doctor may order various tests to help zero in on the problem. Your doctor may also use imaging tests such as MRI or CT scans. Be sure to discuss the details of your testing options before they are performed to be sure it is right for you and your condition.

### Take Action

Preventing back pain is easier than treating it. Take care of yourself to avoid back pain.

- **Strengthen your back**  
Regular, low-impact exercise increases balance and strength. It also helps keep your back and abdominal muscles strong. Always talk to your doctor before starting any exercise program.
- **Focus on good posture**  
Good posture can help prevent back pain. Practice good posture when seated, standing and sleeping.

- **Lift correctly**  
Avoid heavy lifting and learn good form to protect your back. Lift things from your legs, not your back.
- **Watch your weight**  
Staying at a healthy weight lowers your risk of back pain as it can help reduce the stress and strain on your back.
- **Get enough calcium and vitamin D**  
Calcium and Vitamin D can help keep your bones strong and prevent osteoporosis, which can lead to bone fractures that cause back pain.

If you suffer with back pain, SAMBA is here to help. We are happy to offer you, at no cost, the **Your Health First Program**. This program is available to all SAMBA members to help manage chronic conditions, such as low back pain.

We encourage you to visit our website at **SambaPlans.com** to get more information.

### Customer Satisfaction Survey

As part of our commitment to promoting quality service, SAMBA takes part in the Consumer Assessment of Health Care Providers and Systems (CAHPS®) Member Satisfaction Survey.

This annual survey selects a percentage of our membership to participate. This gives you the chance to tell us what you think about the care and service we provide at SAMBA.

SAMBA attempts to maintain and improve results each year by taking action on opportunities identified from your feedback.

Visit our website at **SambaPlans.com/health-benefit-plan**, to view the current Survey results.

<sup>1</sup> <https://health.gov/myhealthfinder/healthy-living/safety/prevent-back-pain>



11301 Old Georgetown Road  
Rockville, MD 20852-2800

<Firstname> <Lastname>  
<Address Line 1>  
<Address Line 2>  
<Cityname>, <XX> <00000-0000>

**SPRING 2023  
NEWSLETTER**



**SAMBA . . . .  
We Are Here To Help**